

Montgomery County Department of Recreation



DAMASCUS SENIOR RECREATION AND ACTIVITIES CENTER

9701 Main Street, Damascus, MD 20872 * Phone: (240) 777-6995

Hours: Mon, Tues, Wed, and Fri. 9:00am - 2:00pm. Thurs. 9:00am – 4:00pm.

Tony Edghill – Director

Recreation Assistants – Carolyn Francis, Suzanne Diddle

Sue Ketchum – Nutrition Site Manager

and Zuleyma Gamboa

March 2014

Please join our new classes Gentle Yoga!
St Patrick's Day Celebration on Thursday March 13.
Spring will arrive on March 21 ☺!

* * * INCLEMENT WEATHER POLICY * * *

- During inclement weather, listen to your radio for possible school closings or delayed openings in Montgomery County. If schools have a scheduled holiday, call the Senior Center at 240-777-6995 for a recorded message about Center activities.
- When Montgomery County Public Schools have a delayed opening or are closed due to weather or other unexpected situations, **ALL CLASSES, PROGRAMS, AND MEETINGS WILL BE CANCELED.** There will be **NO TRANSPORTATION OR NUTRITION LUNCH.** The Center will open by 11:00am, if possible. If you want to stop by, please call the Center first at 240-777-6995.
- If Montgomery County Public Schools close early, **ALL PROGRAMS AND CLASSES SCHEDULED AFTER LUNCH WILL BE CANCELED AND THE CENTER MAY CLOSE EARLY.**
- If uncertain about a class or program, call the Center at 240-777-6995.

MOVIE DAY "SHIRLEY TEMPLE" – Tues., March 4, 11:30am. Today's feature is to honor the late Shirley Temple who was an icon and legend as a child star.

BLOOD PRESSURE SCREENING – Wed., March 5, 10:00 – 11:30pm, and Wed., March 19, 10:00 – 11:00am. Free, provided by volunteer nurse from Shady Grove Hospital.

BIRTHDAY PARTY- Thurs., March 6, 1:00pm. Join the Damascus Y Women as they help us celebrate all of our March birthdays.

BASIC SPANISH CLASS – Fri., March 7, 1:00pm, Fri., March 14, 1:00pm, Fri., March 21, 1:00pm, and Fri., March 28, 1:00pm. Zuleyma will lead this class in basic conversation Spanish for 7 weeks! **PLEASE SIGN UP AT THE FRONT DESK** **COST IS FREE AND LIMITED SPACE!**

CHEFSUE'S ST. PATRICKS DAY LUNCHEON – Thurs., March 13, Noon. Chef Sue and Suzie have a fantastic meal that they will prepare to celebrate Valentine's Day. **Menu and registration is at the reception desk.**

ENTERTAINER TBA – Thurs., March 13, 1:00pm. An entertainer will be here to celebrate St Patrick's Day with our seniors. **Cost: Free.**

HEART HEALTH LECTURE SHADY GROVE ADVENTIST HOSPITAL – Wed., March 19, 1:00pm. Michaela Gramzinski and Jackie Lee will lecture on how to keep a healthy heart.

FOOT CARE IMMUNIZATION, WELLNESS AND CARE PARTNERS – Wed., March 26, 1:00pm. Ashley McFarland of the Immunization, Wellness and Care Partners will be here to lecture about proper foot care.

INCOME TAX PREPARATION – For free, confidential preparation of your 2013 state, federal, and homeowner's tax forms, call the Senior Center at 240-777-6995 between 9:00am and 4:00pm weekdays to schedule an appointment. **Appointments are only available to seniors aged 55 and over** and will be scheduled on Mondays and Fridays from February 1 through April 15.

PROGRAMS FOR YOUR ENJOYMENT

ZUMBA GOLD – Every Fri., 11:00am. See page 5 for more details.

TEA DANCE – Every Thurs., 1:00 – 3:30pm. Bring a partner and your dancing shoes. Enjoy dancing to your favorite music. Music provided or you can bring in a tape or CD of your choice. Refreshments served at 2:15pm. Fee is \$1 (per person) for DSCSI Sponsors and \$2 (per person) for non-sponsors.

COPING WITH CHANGE – Every Thurs., 11:00am. Shalonda Brown from the Affiliated Santee Group will be here to talk about the changes in a mature adult. **GROUP WILL MEET IN THE AUDITORIUM EVERY WEEK**

BOOK CLUB – Meets the 2nd Thurs. each month at 1:00pm. Come and share the latest books you've read and listen to others review books they've recently read.

WII BOWLING – Mon., March 3, 1:00pm, Mon., March 10, Mon., March 17, and Mon., March 24, 1:00pm. Wii Bowling is the game of the day. Zuleyma will challenge all who would like to play Wii Bowling.

MOVIE DAY "SHIRLEY TEMPLE" – Tues., March 4, 11:30am. See page 1 for description.

CURRENT EVENTS – Wed., March 5, 1:00pm. 'Zuleyma will be here to discuss what's happening in the news today.

BIRTHDAY PARTY- Thurs., March 6, 1:00pm. See page 1 for more information.

WII BOWLING – Fri., March 7, 1:00pm, Friday March 14, 1:00pm, Fri., March 21, 1:00pm, and Fri., March 28, 1:00pm. Wii Bowling is the game of the day.

BASIC SPANISH CLASS – Fri., March 7, 1:00pm, Fri., March 14, 1:00pm, Fri., March 21, 1:00pm, and Fri., March 28, 1:00pm. See page 1 for more details.

MOVIE BINGO – Tues., March 11, 1:00pm. Join George Hibbard and Richard Fox in the dining room for movie bingo and movie star trivia.

CARD MAKING 101 – Wed., March 12, 10:30am and Wed., March 26, 1:00pm. People really appreciate the fact that someone took the time to make them cards. A card Kit will be provided for all interested students. **Free, register at the front desk. Class will begin at 10:30am – 1:00pm.**

TAI CHI FOR SENIORS – Wed., March 12, 1:00pm. The DVD will guide seniors through the exercise of Tai Chi. **Please sign up at the reception desk FREE**

SPIRTUAL PERSPECTIVES OF AGING – Thurs., March 13, 2:00pm and Thurs., March 27, 1:00pm. Father Lee will lead this discussion on enjoying life with the Spiritual Perspective on Aging.
CHEF SUE ST PATRICK'S DAY LUNCHEON – Thurs., March 13, Noon. See page 1 for more information

ENTERTAINER TBA – Thurs., March 13, 1:00pm. – See page 1 for more details.

HEART HEALTH LECTURE SHADY GROVE ADVENTIST HOSPITAL – Wed., March 19, 1:00pm. See page 1 for description.

WII JEAPARDY – Tues., March 18, 1:00pm, and Thurs., March 20, 1:00pm. Challenge 'Zuleyma to a friendly game of Wii Jeopardy.

MUSIC BINGO – Tues., March 25, 1:00pm. Join MaryBeth Talamo for a game of Name-That-Tune Bingo.

FOOT CARE IMMUNIZATION, WELLNESS AND CARE PARTNERS – Wed., March 26, 1:00pm. See page 1 for more information

WII HOLLYWOOD SQUARES Thurs., March 27, 1:00pm. X Marks the spot as a friendly game of Wii Hollywood Squares is played today.

DAMASCUS SENIOR CENTER TRIP

FRIDAY APRIL 25, 2014

BROOKSIDE GARDENS

10:00am – 3:00pm

Cost; \$10.00 For The Bus

Cost; For the Tour \$5.00

Check payable for the bus \$10.00 to Montgomery County Recreations

Cost for Tour paid when entering Brookside Gardens

Bring lunch money and wear good, comfortable walking shoes.

Completed registration form and payment due Friday, March 28, 2014

The staff off the Damascus Senior Recreation and Activities Center appreciates the efforts of all of our valuable volunteer receptionists, snack bar attendants, instructors, meals on wheels drivers, and special events coordinators. Special thanks to all businesses and groups that partnership with the Damascus Senior Center.

GUIDE TO RECREATION AND LEISURE PROGRAMS - Almost everything listed in the Guide to Recreation and Leisure Programs is available for registration online. For programs that cannot be registered for online, there is a form that can be downloaded and faxed or mailed.

"Sign up" for "Esubscription" which allows customers with e-mail to receive notices two weeks prior to publication of the Guide reminding them when it will be available online. To be placed on the "Esubscription" list, please visit www.emontgomery.org to complete the registration process.

For those who do not have access to the Internet, the Guide to Recreation and Leisure Programs will still be available in community centers, senior centers, swim centers, and libraries throughout the County. The guide contains registration forms.

SENIORS TODAY! – Watch Seniors Today, a program for and about seniors produced by the Commission on Aging. Tune in to County Cable Montgomery Channel 6 Sundays at 3:30pm, Mondays at 9:30am, Tuesdays at 1:30pm, Wednesdays at 8:30pm, Thursdays at 12:30pm, Fridays at 7:30pm, and Saturdays at 11:30am.

SENIOR PROGRAMS WEB SITE: www.montgomerycountymd.gov/rec, your link to other recreation programs including senior programs and services offered throughout the County.

* * * **HEALTH & SOCIAL SERVICES** * * *

SENIOR INFORMATION AND ASSISTANCE - Carol Smith is available at the Center most Wednesdays from 11:30am - 4:00pm. Carol can help you with information on senior housing, financial assistance, Medicare and Medicaid information and can provide help in filling out forms. For information or an appointment, call 240-777-1060. Sponsored by Department of Health and Human Services. If Carol is unavailable when you call and you need immediate assistance, call the Senior Information and Assistance line at the Department of Health and Human Services, Aging and Disabilities 240-777-3000.

BLOOD PRESSURE SCREENING - Wed., March 5, 10:0 – 11:30am and Wed., March 19, 10:00 – 11:30am. Free, service provided by volunteer nurse.

A flyer containing information about other health and social services available may be picked up at the front desk of the Damascus Senior Center.

* * * **TRANSPORTATION** * * *

TRANSPORTATION PROCEDURES – Transportation reservations must be made in person or by telephone (240-777-6995) by 2:00pm the previous day. Cancellations for either bus or lunch can be made by leaving a message on the answering machine if the Center is closed. **SAME DAY CANCELLATIONS MUST BE CALLED IN TO THE CENTER BY 8:00AM.**

A flyer containing information about other transportation services available to seniors may be picked up at the front desk of the Damascus Senior Center.

*** * * CLASS NEWS & UPDATES FOR MARCH 2014 * * ***

PLEASE NOTE: PAYMENT FOR EACH NEW CLASS SESSION IS DUE BEFORE THE FIRST CLASS. Preferred payment is by check payable to DSCSI* *. If classes are canceled for any reason, the start date for the next new session will be adjusted. All canceled classes will be made up. Call the Center before coming to class for the first time to confirm day and time. Most classes allow late registration at a reduced rate. To register for classes, see Center Director or Recreation Assistants.

ZUMBA GOLD FOR SENIORS – Learn the Latin dance steps of Zumba. Elizabeth Mitchell will teach Zumba to Beginners, and all seniors who want to learn the steps of Zumba. Zumba Gold is specifically designed for seniors. **Class Fridays at 11:00am in Auditorium.** **Cost: Drop in on Friday \$4.00 a class**

NEW CLASS GENTLE YOGA WITH BETSY PAUL – Beginning in February we are offering Gentle Yoga for seniors at the Damascus Senior Center. **The cost will be \$30.00 for 8 classes. Please sign up at the reception desk with payment.**

STAINED GLASS CLASS – Learn to build stained glass panel using the copper foil method. Projects are no larger than 11' x 14'. Learn the basics and do a little homework in the process. Class is limited to 4 students. **Classes meet every Monday from 10:30am – 1:00pm. Fees are your for supplies!**

CERAMICS CLASS - Bring your own greenware or bisque pieces to class. Learn the proper techniques to complete pieces including cleaning, firing, staining and glazing, or painting and finishing with acrylics. A wide variety of paints and finishing sprays and a kiln for firing are available. Class fee: \$5 for 10 weeks **payable to DSCSI.** Join anytime. Class meets Mondays and Wednesdays from 10:00am-12:00 noon. New session started Mon., February 4

BRIDGE CLASS – If you would like to learn how to play or refresh your memory of how to play, classes can be arranged for Mondays at 10:00. Register at the Center front desk. **Free.**

CHAIROBICS - This is a chair-exercise program for full-body strengthening and flexibility. Class meets Tuesday - Friday 10:00 – 10:45am. Ongoing. Join anytime. **Free. Call for information.**

MAH-JONG – Mah Jong games start at 12:30pm on Wednesdays. **Free.**

TAP DANCE - Meets Mondays from 11:00 - 12:30pm. All levels welcome from beginners to advance. Beginners should come at 10:30am. Stop by and talk to the teacher to see if this class is right for you. Fee: \$30 for 8 weeks. Session started Mon., January 14

WALK AND FIRM AEROBICS – This class follows Leslie Sansone's Tapes for Older Adults, which are 30-minute workouts equivalent to either a 1½ or 2-mile outdoor walk. They combine walking-based steps and firming movements at a comfortable pace. Some of the tapes use weights (optional) for part of the time. We have 1lb. to 3lb. weights you may use. Class meets every weekday, 9:15 - 9:45am. Stop by and try it.

Ongoing. **Free.**

LIFE IS GREAT WHEN YOU PARTICIPATE

*** * * GAMES AND CLUBS * * ***

BOOK CLUB - Join us once a month to share reviews of books each of us have read in the past month. You share your views on the book you have chosen to read. No assigned books. You will hear other's ideas and be able to add books to your reading list and avoid books that aren't your cup of tea. Meets the 2nd, Thursday of each month at 1:00pm.

BRIDGE - Every Tuesday and Thursday from 11:00am - 4:00pm, play as long as you like. New players are always welcome.

CANASTA – Meets on Tuesdays from 1:00 – 3:30pm. Experienced and new players all are welcome to learn and play cards in a comfortable, friendly environment.

MAH JONG - Every Wednesday at 12:30pm. New players are welcome anytime.

PINOCHLE - Every Monday and Wednesday from 10:00am - 3:00pm. Play all day or part of the day. New players are always welcome.



*** * * MORE PROGRAM OPPORTUNITIES * * ***

BILLIARDS, PING PONG, INDOOR AND OUTDOOR SHUFFLEBOARD, AIR HOCKEY, BASKETBALL, HORSESHOES, BOARD GAMES AND PUZZLES are all available to enjoy at the Center.



EXERCISE ROOM - Remember to see a staff person for first time use of Treadmills, Bike, Cardio-Glide, Cross Country Power Walker, or Schwinn Fitness Center. This equipment is available for you to use on your own anytime during regular Center hours.

* * * **NUTRITION LUNCH PROGRAM** * * *

Meals and reservations for Monday – Friday are prepared on-site under the Senior Nutrition Program. Order by Monday each week for meals served that week. Space is limited and reservations fill quickly. You may sign up for any of those meals as soon as the menu for the following month is available, which may be as early as the 24th of the month. The full cost of Monday - Friday meals are \$7.00. For people aged 60 and over, and spouses of any age, a voluntary contribution is requested. Guests under age 60 must pay the full cost of the meal. Please contribute as much as you can as contributions are used to purchase more meals. **PLEASE TRY TO BRING EXACT AMOUNT OF DONATION WHEN POSSIBLE.**

Cancellations for lunch can be made by leaving a message on the answering machine if the Center is closed. **SAME DAY CANCELLATIONS MUST BE CALLED IN TO THE CENTER BY 8:00AM.**

For information on limited transportation to and from Damascus Senior Center, please call the Center at 240-777-6995.

* * * **SIGN IN PLEASE!** * * *

We ask for your continued assistance by scanning your access card and signing in each day. Attendance figures are an important factor in determining building usage and future needs. Registering each day helps us to keep more accurate records and assists us when we request additional funds and staff. Thanks for your help and cooperation.

REMEMBER TO SHOW YOUR SUPPORT!

If you have not done so already, you are invited to become a member of the Damascus Senior Center Sponsors, Inc. (DSCSI). For a \$5 minimum donation, you will be entitled to vote in DSCSI elections, receive discounts on some special events and enjoy some special sponsor-supported programs at no cost. However, more importantly, you will be supporting your Center and its ability to provide high quality programs, classes, and services at the lowest cost possible. Many of our classes are now sponsored by DSCSI as well as our Snack Bar and Gift Shop. If you are under 55 years old, you are welcome to become a non-participatory sponsor and friend. See a Center staff member or Receptionist.

Seniors with disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with The Americans with Disabilities Act (ADA). If you need auxiliary aids, services or program assistance in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 301-468-4540/TTY 240-777-6974.

Financial Assistance Policy - The Department of Recreation offers reduced recreation fees for lower income residents. If you require financial assistance, see a staff member.

THANK YOU FOR SUPPORTING YOUR CENTER

March 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Bridge Lessons 10:30 Stained Glass 11:00 Tap Dance 1:00 WII Bowling	4 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:30 Movie Day 1:00 Canasta	5 9:00 Coffee Social 9:15 Walk & Firm 10:00 Blood Pressure 10:00 Ceramics 10:00 Pinochle 10:00 Chairobics 10:30 Advisory Committee Meeting 11:00 Gentle Yoga 12:30 Mah Jong 1:00 Current Events	6 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Crochet Class 11:00 Coping with Change 1:00 Tea Dance 1:00 Birthday Party Senior Center Staff	7 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Zumba Gold For Seniors 1:00 WII Bowling 1:00 Basic Spanish Class
10 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Bridge Lessons 10:30 Stained Glass 11:00 Tap Dance 1:00 WII Bowling	11 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 1:00 Movie Bingo 1:00 Canasta	12 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Chairobics 10:30 Card Making 101 11:00 Gentle Yoga 12:30 Mah Jong 1:00 DSCSI Meeting 1:00 Tai Chi	13 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Crochet Class 11:00 Coping with Change 12:00 St. Patrick's Day Luncheon 1:00 Entertainer TBA 1:00 Tea Dance 1:00 Book Club 2:00 Spiritual Perspectives	14 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Zumba Gold For Seniors 1:00 WII Bowling 1:00 Basic Spanish Class
17 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Bridge Lessons 10:30 Stained Glass 11:00 Tap Dance 1:00 WII Bowling	18 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 1:00 Canasta 1:00 WII Jeopardy	19 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Chairobics 10:00 Blood Pressure 11:00 Gentle Yoga 12:30 Mah Jong 1:00 Heart Health Lecture Shady Grove Hospital	20 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Crochet Class 11:00 Coping with Change 1:00 Tea Dance 1:00 WII Jeopardy	21 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Zumba Gold For Seniors 1:00 WII Bowling 1:00 Basic Spanish Class

24 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Bridge Lessons 10:30 Stained Glass 11:00 Tap Dance 1:00 WII Bowling	25 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 1:00 Canasta 1:00 Music Bingo	26 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Chairobics 10:30 Card Making 101 11:00 Gentle Yoga 12:30 Mah Jong 1:00 Foot Care	27 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Bridge 11:00 Crochet Class 11:00 Coping with Change 1:00 Tea Dance 1:00 WII Hollywood Squares 1:00 Spiritual Perspectives	28 9:00 Coffee Social 9:15 Walk & Firm 10:00 Chairobics 11:00 Zumba Gold For Seniors 1:00 WII Bowling 1:00 Basic Spanish Class
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